

Pick a better snack™



# Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

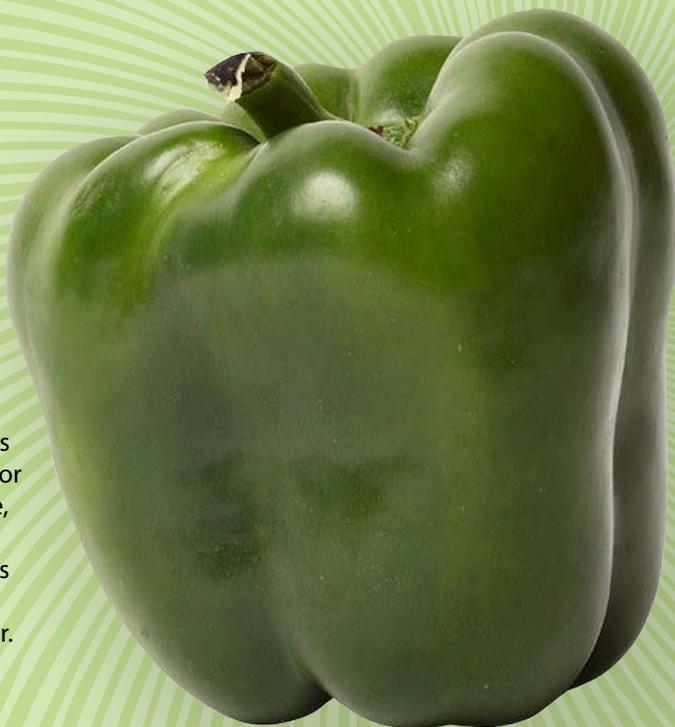
Bell peppers are vegetables which grow on plants.

Peppers were originally grown in Central and South America. Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

California and Florida grow about 78% of the bell peppers grown in the United States.

## VARIETIES

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

## USES

Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.

Many bell peppers are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

